

Handwashing

Why should it be done?

To prevent the spread of infection and germs.

Who should do it?

Everyone

When should you wash your hands?

Before you:

- Prepare food
- Give or take medicine
- Give shots
- Change dressings or bandages
- Handle tubes that stay in your body
- Handle tubes that you put into your body

After you:

- Prepare food
- Sneeze, cough, or blow your nose
- Use the toilet or help another person with toileting
- Change dressings or bandages
- Handle tubes that stay in your body
- Handle tubes that you put into your body
- Handle vomit, blood, stool, or urine

How should it be done?

Using soap and warm, running water, vigorously rub the top and palms of your hands together for 15 seconds. Rinse well using running water. Dry hands well with a clean cloth or paper towel.

When should gloves be used?

When your doctor or nurse tells you that you should.

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